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What's going around the office?

- We will be closed on Monday February 8th for the Family Day holiday.
- Caitlin Milloy (one of our registered massage therapists) is enjoying her maternity leave. Avery is now 4 ½ months old and we hope to have Caitlin back in office in the summer.

Exercise Your Mind

Alzheimer's disease is the sixth most common cause of death in the U.S. As brain cells progressively fail, sufferers experience problems with memory, thinking and behavior. These symptoms can complicate work, hobbies and social life.

While there currently is no cure for Alzheimer's, several risk factors have been identified, including age, family history and genetics. Not much you can do about any of that, right? Fortunately, researchers also have identified several modifiable risk factors, such as heart health and healthy aging, which may help prevent the disease.

For example, a new study suggests exercise improves cognition in adults at risk for Alzheimer's disease.

According to the study, adults ages 50 and older who are physically active are less likely to experience cognitive decline than inactive adults. Researchers are not clear yet as to why exercise acts as a guard against memory loss; however, they speculate it may be related to "improved cerebral vascular function and neurovascular integrity associated with exercise." The adults, who mainly walked as their form of physical activity, also may have benefited cognitively through exposure to a stimulating environment. Adults with severe cognitive impairment such as dementia, psychiatric disorders or sensory loss were not included in the study. Don't be a statistic - if you're already exercising regularly, keep it up. If not, start exercising today and do what you can to maintain sound mind and body, no matter your age. <http://www.toyourhealth.com/mpacms/tyh/article.php?id=1121>

Why Breast-Feeding Is So Good for Your Baby (and You)

Breast-feeding has made the national headlines of late, but not necessarily for the right reason; after all, the most important issue isn't under what circumstances women should breast-feed (the when and where), but *why*. The answer, of course, is that ample evidence suggests breast-feeding is enormously beneficial to both mother and child. Here are a few examples:

- 1. Unparalleled nutrition:** Although formulas mimic breast milk more closely than ever, there's still a big difference when it comes to nutrition. The first breast milk produced during pregnancy and just following birth contains colostrum, which is rich in nutrients and antibodies. Colostrum then changes into mature milk, a thinner milk that still contains a vital blend of protein, fat, sugar and water.
- 2. Disease protection:** Breast milk has been shown to protect against disease, with breast-fed babies developing asthma, respiratory infections, type 2 diabetes, obesity and even sudden infant death syndrome compared to formula-fed babies. Breast-feeding also appears to reduce health risks in mothers as well, including type 2 diabetes, breast cancer, ovarian cancer and postpartum depression.
- 3. Emotional bonding:** The act of breast-feeding requires a closeness between mother and child unmatched by formula feeding. The physical contact is important for the baby, making them feel safe, warm and secure; it can have the same effect on the mother while also allowing her to relax, something she may not choose to do while baby is formula-feeding.
- 4. Safety:** Ever wonder what you'd do if disaster struck and your ability to feed your baby were compromised? If you breast-feed, you can relax; after all, a safe, balanced food supply is readily available. Contaminated water supply? No problem. No hot water to sterilize baby bottles? No problem. No baby bottles at all? No problem. Talk to your doctor of chiropractic for more information about how to ensure your health and the health of your child, and to learn more about the many benefits of breast-feeding.

<http://www.toyourhealth.com/mpacms/tyh/article.php?id=1579>